

BULLS

NEWS



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3

LJFL isn't just about touchdowns and tackles - it's about sideline spirit too! Cheerleaders bring energy and enthusiasm to every game, supporting the football players and creating an electrifying atmosphere. They learn teamwork, dedication, and showmanship, making LJFL a well-rounded experience for all. Read on to learn more about Bulls Cheer!



IMPORTANT DATES

****Register by April 1st and receive \$50 off using code **early50** ****

Code is for new families only. Returning players get a automatic discount

Next board meeting: March 7th, 2024 @ 7pm RLCC Fiesta Room

Football practice starts on July 15

Cheer practice starts on July 22

Jamboree: Aug. 10

Week 1: Aug. 17



Volunteer Opportunities

- Website / Social media content editor
- Swag
- Snack Bar
- Field set up & take down
- Parking lot attendee
- Admission gate

****Reminder: All families are required to do volunteer hours****

Get ready to bring on the spirit, because we are pumped up about Cheer, just like you are!

Cheerleading isn't just about waving pom-poms on the sidelines; it's a journey of self-discovery, pushing yourself to reach new heights and uncovering your full potential.

Beyond the thrilling stunts and jumps, being a cheerleader hones life skills like teamwork, discipline, and setting epic goals, all while boosting your confidence. It's not just about the practices and games; it's about blossoming into the most fabulous version of yourself.

Here's why diving into Cheer is a slam dunk:

- Communication is key in cheerleading. Kids learn to speak up and read body language, paving the way for smoother teamwork and enhanced social skills outside the cheer realm.
- Cheerleading coaches kiddos to think beyond themselves and make decisions that benefit the whole squad.
- With Cheer, kids learn to tackle life with a positive mindset, giving their all no matter the challenge.

Got questions about Cheer? Don't hesitate to drop us a line.

Hurry, registration closes on July 1st, and the Cheer adventure kicks off on July 22nd!



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COACHES CORNER

Stretching your muscles is a part of a healthy lifestyle at all ages. It improves athletic performance, prevents injuries and reduces stress on the body. Here are few things adults and children can do together to get ready for the upcoming season.

Standing hamstring stretch

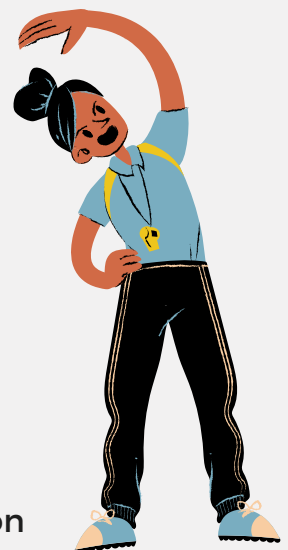
- Stand up straight. Keeping the right foot flat on the ground, bend the right knee slightly and extend the left leg forward.
- Flex the left foot, with the heel on the ground and the toes facing upward.
- Place the hands on the right thigh and lean slightly forward, raising the left toes.
- Hold for 20 seconds, then rest for 10 seconds. Repeat the movement with the other leg.
- Repeat the entire sequence 3 times.

Forward lunge

- Begin by standing upright.
- Take a big step forward with the left leg and lower the hips, bending both legs to about 90 degrees and keeping the body upright.
- Hold for 30 seconds, then take 10 seconds rest before switching legs.
- Repeat the sequence 3 times.

Runner's Stretch

- Stand with your feet hip-width apart.
- Step back with your left leg and place both of your hands on the ground on either side of your right foot, about shoulder-width apart.
- Lower your hips until you feel a stretch in the front of your left hip and leg. Hold for 30 seconds.
- Slowly straighten your front leg, keeping your hands planted on the floor. Don't worry if you can't get your leg completely straight. Hold for 30 seconds.
- Repeat on the other side.



STUDENT-ATHLETES OF THE WEEK

The Livermore Bulls Junior Football League would like to recognize our student-athletes whose effort, desire, sacrifice and contribution has made a difference to their team, coaches and teammates throughout the season. Unlike most recognition awards these nominations represent much more than just personal achievement on the field of play. Great teams have players willing to take on new roles and support others for the greater good. By receiving this recognition, the player has demonstrated great character, leads by example, has a willingness to put others first, made sacrifices or other valuable contributions to the success of their team that which is not always recognized.



Player: Michael Twomey
Team: JV Dev Hendry
Positions: OL/DL

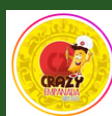
Throughout this season, Michael has shown great improvement in his skill level. He always works hard in practice, asks good questions, and has a positive attitude. He views practice as a way to improve and when a coach asks him to make an adjustment, he takes the feedback seriously and strives to implement it on his next rep. Michael's positive and competitive attitude has been a great asset to the team. Michael is a Livermore Bull!



Cheer Player: Jaxie Hartshorn
Team: Senior

2024 will be Jaxie's 4th year with LJFL. When she isn't cheering on the sideline, tumbling or recruiting friends to cheer for the Bulls, she plays softball and works as a Jr. Umpire for LGSA. She constantly encourages her teammates and does a great job of leading by example. Jaxie is a Livermore Bull!

Thank You, Sponsors!



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Have any questions or want to provide feedback? Please drop us a note at:
secretary@ljflbulls.com